## ABSTRACT OF THE DISCLOSURE

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A rubber roller (1) is formed by molding an elastomer composition not less than  $250\,\mu\,\mathrm{s}$  nor more than  $400\,\mu\,\mathrm{s}$  in a T2 relaxation time (spin-spin relaxation) of a bound rubber formed between a rubber or/and a thermoplastic elastomer and a reinforcing filler. It is preferable to use EPDM as the rubber or/and the thermoplastic elastomer, carbon black as the reinforcing filler, and crosslink the EPDM with T2 organic peroxide. It is also preferable that the relaxation time (spin-spin relaxation) of the bound rubber formed between the rubber or/and the thermoplastic elastomer and the reinforcing filler is more than a T2 relaxation time of a bound rubber of the rubber or/and the thermoplastic elastomer to which the reinforcing filler is not added by not less than 150% nor more than 300%.